



The following shots
are recommended to
stay healthy:

- Hepatitis B
- Varicella (chickenpox)
- MMR
- Td
- Hepatitis A
- Influenza (flu)
- Meningococcal Disease
- Pneumococcal Disease
- Pertussis

For more information for you and your
parents, call your doctor, your local health
department or Immunization Hotline:

1-800-275-0659



IMMUNIZATION
PROGRAM
Immunize for healthy lives

www.immunize-utah.org

got VaXed?



Get the facts on
Teen Vaccination



got VaXed?

Are you
11-19
years old?

If yes, then you may
need protection against
the following vaccine
preventable diseases.

Hepatitis B

Hepatitis B is a virus that can cause serious liver infection, liver cancer and death. Hepatitis B is spread by coming in contact with infected blood or body fluids from sharing toothbrushes or razors, tattooing, ear and body piercing, and through intimate contact. Three doses of the hepatitis B vaccine are required for 7th grade entry in Utah schools.

Varicella (Chickenpox)

Chickenpox is a virus that can cause serious infections of the skin. It also may cause brain damage, pneumonia and even death. The chickenpox vaccine is recommended at 11-12 years of age, if not previously given, and is required for 7th grade entry in Utah schools.

Measles, Mumps, Rubella (MMR)

Measles, mumps, and rubella are viruses that may cause hearing loss, brain damage or serious birth defects. Two doses of the measles vaccine are required for all Utah students.

Tetanus-Diphtheria (Td)

Tetanus (lockjaw) is caused by a germ that enters the body through a cut or wound. Tetanus causes muscle spasms, making it difficult to open your mouth or swallow. A booster dose of the Td vaccine is required for 7th grade entry in Utah schools and is recommended every 10 years after that.

Hepatitis A

Hepatitis A is spread by personal contact with an infected person, or through contaminated food or water. If you travel outside the U.S. or live in a community with a lot of hepatitis A, the hepatitis A vaccine is recommended.

Influenza (Flu)

If you have a serious health problem such as asthma, diabetes, or heart disease you should consider a yearly flu shot.

Meningococcal Disease

Meningococcal disease is spread by bacteria that can cause serious illness such as pneumonia and can even result in hearing loss. Are you 11-12 years of age, entering high school (about age 15) or going to college and planning on living in the dorms? If so, talk to your doctor or nurse about the meningococcal vaccine.

Pneumococcal Disease

Pneumococcal disease is caused by a bacteria. It can cause infections of the brain and blood, pneumonia, and death. Pneumococcal vaccine is recommended for teens with serious diseases such as diabetes, leukemia, heart disease, lung disease, HIV infection, or AIDS.

Pertussis

Pertussis or whooping cough is caused by bacteria and is spread through coughing or sneezing. It can cause severe coughing spasms, loss of breath and lead to pneumonia. The pertussis vaccine (Tdap) is recommended at 11-12 years of age and may be given instead of the Td vaccine for the 7th grade requirement.